c)   an insertion component configured to insert at least one moving marker, indicating a

predetermined movement or body position, into the video image or image sequence,

wherein the insertion component is configured to detect characteristic points, lines, contours,

or equivalent characteristics of the moving person or of a displayed area of the moving person,

wherein the moving person is performing a body movement sequence and is shown in the recorded

video image sequence, and

wherein the insertion component is configured to automatically adapt the movement speed of

the moving marker to the movement speed of the moving person or of a displayed area of the

moving person.

14.   (New) A system as claimed in claim 13, wherein the insertion component is configured for

inserting at least one stationary marker that is stationary during the body movement and indicates a

predetermined, ideal body movement.

15.   (New) A system as claimed in claim 14, wherein the insertion component is configured for

inserting at least one stationary marker suitable for adjustment of the person with respect to the video

camera.

16.   (New) A system as claimed in claim 13, wherein the insertion component is configured:

a)   to detect characteristic points, lines, contours, or equivalent characteristics of the

person shown in the recorded video image, or of the displayed area of the person,

while the person is not moving; and

b)   to automatically adapt the marker in a manner dependent on a detection result.

17.   (New) A system as claimed in claim 16, wherein the insertion component is configured to

automatically adapt a size and/or insertion position of the marker in a manner dependent on the

detection result.

18.   (New) A system as claimed in claim 13, wherein the insertion component is configured:

a)   to detect characteristic points, lines, contours, or equivalent characteristics of the person shown in the recorded video image or image sequence, or of the displayed area of the person, while the person is performing a movement sequence and is shown in the recorded video image sequence; and

b)   to automatically adapt the marker in a manner dependent on a detection result.

19.   (New) A system as claimed in claim 18, wherein the insertion component is configured to automatically adapt a size and/or insertion position of the marker in a manner dependent on the detection result.

20.   (New) A system as claimed in claim 13, wherein the system is configured for manually varying size and/or insertion position and/or movement speed of the marker.

21.   (New) A system as claimed in claim 13, further comprising a storage component operatively coupled to the insertion component, wherein for a plurality of different predetermined body movement sequences, insertion data is stored for at least one marker, and the person may select from among the stored insertion data.

22.   (New) A system as claimed in claim 13, wherein the moving marker comprises one or more point(s) and/or line(s).

23.   (New) A system as claimed in claim 22, wherein the one or more point(s) and/or line(s) form a stylized person or an equivalent thereof.

24.   (New) A system as claimed in claim 23, wherein the system is configured for allowing the user to select from among different display forms.

25.   (New) A system as claimed in claim 13, wherein the insertion component is integrated in the video camera.